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FAMILY HELP-LINE 1-800-THE KIDS

For more information on parenting and children, visit the New Jersey Task Force on Child Abuse and Neglect on-line at www.njtaskforcecan.org

N O V E M B E R						
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December

J A N U A R Y						
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Notes

Keep the season simple
and let the true spirit of the
holidays shine brightly!

<p>3 Take time to relax and “charge your batteries” for the holiday hustle and bustle in the weeks ahead.</p>	<p>4 Sharing family activities helps bring parents and children closer together.</p>	<p>5 Pick up a few coloring books, puzzles and board games for days when the kids are home due to snow days or illness.</p>	<p>6 Mark this calendar with holiday TV specials your family will enjoy together.</p>	<p>7 When shopping for gifts for your children, remember the best toys are those that encourage their creativity.</p>	<p>1 Brainstorm how your family can help a less fortunate family this holiday season, then put the best idea into practice.</p>	<p>2 Hanukkah, Christmas and Kwanzaa are coming. Visit the library or a bookstore for stories about these wonderful holidays!</p>
<p>10 Help your kids string popcorn and cranberries for decorations; after the holidays hang them outside to feed the birds.</p>	<p>11 Involve your children in holiday preparations by having them make decorations.</p>	<p>12 Support your kids—show up at their holiday concerts and events and show your enthusiasm.</p>	<p>13 This year begin a new Christmas, Hanukkah or Kwanzaa celebration—it may become a tradition for your family.</p>	<p>14 Have some old-fashioned fun! Cut snowflakes out of folded white paper and hang them to decorate your windows.</p>	<p>8 Does your local library offer holiday story time or craft sessions for preschoolers? Your little one would love to get involved!</p>	<p>9 Plan a family trip to a farm where you can choose and cut your own Christmas tree.</p>
<p>17 Find an easy, no-bake cookie or candy recipe that kids can make themselves.</p>	<p>18 Holidays create extra stress. Call 1-800-THE KIDS if you need to talk to someone.</p>	<p>19 Cozy fun on a snowy day: Make and decorate a batch of “slice ‘n bake” cookies together.</p>	<p>20 Don’t worry if housework falls a little behind during the holidays.</p>	<p>21 Take the stress out of the season by focusing on simple things that make you feel content.</p>	<p>15 Feeling caught up in the holiday rush? Circle a day on this calendar for a quiet family evening at home.</p>	<p>16 Hanukkah Celebrating holidays and happy moments together creates joyful family memories.</p>
<p>24 Bundle up and take a walk with the kids today, even if it’s snowing.</p>	<p>25 Christmas Day Today, the very best present is sharing the love in your family.</p>	<p>26 Kwanzaa Begins Unity is the theme for the first day of Kwanzaa. Celebrate by sharing dinner with another family.</p>	<p>27 This is a wonderful time of year to share special stories about your childhood and family with your children.</p>	<p>28 Help the children write thank-you notes for their gifts.</p>	<p>22 First Day of Winter Enjoy winter with your kids! Create a magical snowman or snowlady together.</p>	<p>23 Sing holiday songs in the car as you run errands together today.</p>
<p>31 New Year’s Eve Get out family photos and videos from 2006. Share the memories—and look forward to 2007!</p>					<p>29 Kids having all the fun? Join them for skating and sledding this winter!</p>	<p>30 Remember the birds on cold winter days. Give your children the responsibility for filling the feeder.</p>